

Beat your numbers and save money – it's a win-win

The health assessment and biometric screening events will start up again in July. Now's your chance to improve your numbers from last year's screenings. Challenge yourself to make changes over the next few months and see if you can beat your numbers.

Employees who subscribe to a city health plan must complete the online health assessment between July and September or pay a **\$25-a-month surcharge** beginning in October.



Use these tips to lose weight and lower your BMI!

- **Keep a food journal** – Dieters who write down everything that they eat lose up to twice as much as those who don't
- **Get organized** – Planning out meals and workouts in advance makes it easier to stick to your goals
- **Find a buddy** – Partner up with a diet buddy for a greater chance at success
- **Drink plenty of water** – People sometimes confuse thirst with hunger. You should consume about 8-10 glasses of water a day
- **Eat protein at every meal** – Getting enough protein helps preserve muscle mass and encourages fat burning, while keeping you full

Visit houstonwellnessconnection.org for more tips.



Look for a
biometric
screening event
near you starting
in July.



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Use these tips to get good cholesterol up and the bad down!

- **Exercise** – Just 20-30 minutes on most days can help jump-start the good and downsize the bad
- **Quit smoking** – Kicking the habit can raise your HDL levels by four points
- **Lose weight** – Losing 10 pounds can increase your HDL by one and half points
- **Eat fiber** – 5 – 10 g of soluble fiber can cause a five percent drop in bad cholesterol

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Use these tips to lower your blood pressure!

- **Lose weight** – Every 22 pounds lost lowers blood pressure by 5 – 20 mm Hg
- **Change how you eat** – Healthy food choices can lower blood pressure by 8-12 mm Hg
- **Cut back on salt** – Reducing sodium can lower blood pressure by 2-8 mm Hg
- **Get off the couch** – Getting physically active can lower blood pressure by 4-9 mm Hg
- **Limit alcohol** – Reducing alcohol intake can lower blood pressure by 2-4 mm Hg

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